

Now you have a resource to help you manage your diabetes, when made available through your employer. It's **CIGNA Well Aware for Better HealthSM** for diabetes. A program that gives you personalized support and a wide selection of proven tools. The only thing you really need to add is your personal commitment.

Outsmart your diabetes.

You're probably already receiving care for diabetes through your doctor. So how does the **Well Aware** program support your doctor's treatment plan? For one thing, it helps you become more responsive to your own needs. Not just by taking prescribed insulin injections and other medications. Or monitoring your blood sugar levels. But also by making lifestyle changes, such as modifying your diet and sticking with a safe, regular exercise plan. To avoid serious medical complications, we'll remind you of critical preventive steps. For instance, getting A₁C tests, cholesterol screenings, retinal eye exams and foot exams, to name a few.

Understanding your condition — how it affects your overall health — is vital to preventive care. We'll provide personalized support that includes educational material to help meet your needs. A quarterly newsletter on diabetes, as well as access to our Web site for more information. And a workbook, self-care reminder stickers and health tips.

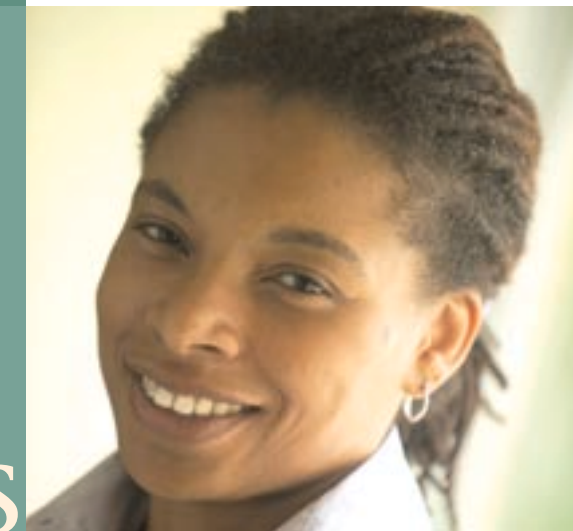


CIGNA

A Business of Caring.

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diabetes



make a *personal*
commitment to
your health

You don't want **diabetes** *to control your life.*



Neither do we.

You or a family member has diabetes. And that can make daily life a real challenge. Your diet, emotional health, energy level and ability to recover from minor illnesses are all affected. You can't leave diabetes home when you go to work each day. Sometimes it makes you miss what you enjoy most. But you still have your commitments, responsibilities and goals — your life. And you don't want diabetes to get in the way.

Tell us how you feel.

There's no substitute for personal contact. Especially when it comes with a lot of practical experience. That's why we have a team of registered nurses (RNs) and other clinicians available to you by phone 7 days a week, 24 hours a day. Our RNs contact program participants to help provide personal support and determine the type of assistance they need. If you're feeling uncertain or need guidance, they're here to support you with information — and the reassuring benefit of their experience with diabetes.

Plan ahead.

The **Well Aware** program is also about taking action. In fact, we make it easier than ever for you to design a personalized action plan under your doctor's guidance. We'll provide diabetes treatment insights and information on our program to your doctor. To help you balance your busy schedule, we'll mail you reminders of important steps to take in managing your health.

Take back your life.

Diabetes doesn't have to keep you from a fulfilling, active life. Through the **Well Aware** program, you'll learn to manage your condition better and become more aware about preventive steps. To make dietary changes and exercise wisely. And to help reduce your risk of complications, such as severe infection and vision problems, by following a plan you've worked out under your doctor's guidance. When you're tired, stressed out, or just feeling less than your best, you'll be better equipped to deal with it. With the right plan and tools. So you can spend less time dealing with your diabetes and more time leading your life.

Our commitment.

CIGNA developed the **Well Aware** program for diabetes using nationally-recognized resources and industry-leading guidelines. We selected American Healthways to help us deliver quality service that you can rely on. And we kept it simple, to fit into busy lives made more complex by diabetes.

To keep the **Well Aware** program as effective as possible, we conduct periodic random satisfaction surveys. And because a condition like diabetes can lead to other health problems, screenings for related conditions are encouraged to help prevent or treat them.

Find out more.

To find out if you're eligible and to receive more information about the **Well Aware** program, call the **Well Aware** team:

- If you have a CIGNA HealthCare HMO/ Network or Point of Service (POS) benefit plan, call **1.800.249.6512**.
- For all other benefit plans, call **1.877.888.3091**.

If you have questions about your benefit plan, please contact your health plan's Member Services. You can also visit our Web site at **www.cigna.com/wellaware** for more information about **Well Aware** programs and services. Your request for information will be handled confidentially.

